



PROGRAM OFFERINGS

*Fueling schools with the
power of relationships.*



About Us

Developing Whole Educators

FuelEd partners with pre-K-12 schools to develop educators' interpersonal skills, self-awareness, and emotional well-being so that every educator can build secure relationships that provide the conditions for optimal learning and development. Secure relationships have proven outcomes including self-regulation, communication skills, emotional balance, empathy, and morality, but over half of all children and adults lack these foundational relational experiences.

FuelEd fills a gap in educator preparation and development by equipping educators with the social and emotional competencies essential for building relationships in schools.

Centering Your Needs

Educator health and well-being are at the center of what we do. More than ever, districts are looking for ways to attend to the emotional lives of its educators while building a more compassionate district-wide culture.

What type of experience, knowledge building, and supports are needed to promote the changes you seek and to create a working environment in which educators across your district feel held, and valued?

Our answer: Developing the self-awareness and relationship skills of educators with FuelEd's support.



The most notable shift that people experience from our programming is the shift in how individuals see and understand themselves and their ability to take on the perspective of others, no matter their background. Just as humans learn and grow in relationship, we also heal in relationship, and this next season asks for collective healing.

Investing in FuelEd will improve the emotional well-being of your educators and will help your educators to develop key social-emotional skills. Along with these direct influencers, our partners often report other cascading changes as a result of engagement with FuelEd, including:

- **improved school culture**
- **improved relationships with students**
- **improved behavior support**
- **improved relationships with one another.**



Our Solution

We offer a menu of professional development programs tailored specifically to the emotional lives of educators, followed up by support from our dynamic and caring alumni community. Browse our catalog to find out detailed information about our programs:

- **Whole Educator Collective**
- **Empathy School**
- **Trauma & Transitions**



Diversity, Equity + Inclusion

We are striving to make learning experiences as accessible as possible for as many people as possible by creating accessible and inclusive virtual and in-person event environments and applying a DEI lens to our curriculum development.

Inviting participants to process the shame narratives and emotional harm that come from being a victim of microaggressions and structural racism is part of creating a coherent attachment narrative. In addition, naming the ways in which attachment relationships, both individual and collective, create safety in the midst of collective trauma can contribute to the development of resilience.

To be trauma-informed is to ask “What happened to you?”, and to be racially trauma-informed is to ask, “What happened to your people, and what is still happening today?” Attachment history cannot be separated from collective stories of trauma around race and identity, and processing must happen through a lens that integrates both personal and collective attachment histories.

See our full Commitment to Diversity, Equity and Inclusion on our website:
www.fueledschools.org/dei



W H O L E E D U C A T O R C O L L E C T I V E

FUELING SCHOOLS THROUGH THE POWER OF RELATIONSHIPS

This multi-day, facilitated training empowers educators in district and school leadership, teaching, and support roles (both instructional and non-instructional) to develop the interpersonal skills, self-awareness, and emotional well-being necessary to build strong relationships in schools.

This workshop provides foundational knowledge on the science of attachment, reflective space to process personal experiences, and a research-based strategy and framework to support educators in building skills for secure relationships.

WHOLE EDUCATOR, WHOLE EDUCATION

Teaching is intimate and brave work. For this reason, whole educators are the foundation of safe schools. The Whole Educator Collective is a powerful growth experience designed to spill over into every area of an educator's life: "After Whole Educator Collective, I started seeing others differently. I needed FuelEd 10 years ago."

"I don't think I considered the importance of empathy and genuineness when communicating with others and the relationship dynamics that are affected by that. I have seen my approach to coworkers and relationships changed dramatically since FuelEd."

S C I E N C E & S K I L L S

Participants will:

- Develop new skills for building relationships
- Recognize the scientific impact of relationships on the developing brain and its capacity to learn
- Identify the different types of attachment styles and how to work with them
- Power up communication skills to handle challenging relationships and help others grow
- Fuel self-awareness about why certain student or adult behaviors might be triggering
- Identify their own attachment style, how it developed, and how it impacts them today
- Prioritize their emotional well-being by enhancing their self-acceptance and self-compassion



EMPATHY SCHOOL

THE ART & SCIENCE OF EFFECTIVE LISTENING

This day-long training in the art and science of effective listening will help participants develop professional and personal relationships that are more productive, more satisfying, and that foster a healthy school culture where adults and students thrive.

SECURE RELATIONSHIPS BEGIN WITH SECURE CONVERSATIONS

Educators spend hours each week talking with students and peer professionals, and yet many educators report receiving very little training on secure communication skills. At empathy school, educators have the opportunity to combine the skills of empathy & self-awareness. Used over time, Empathy School skills create safety and security in teacher and student relationships—one conversation at a time.

Being safe & seen
inside a school
culture begins with
effective listening.

SCIENCE & SKILLS

Participants will:

- Articulate the scientific benefits of empathy
- Explore personal strengths and weaknesses in empathic communication
- Recognize “empathy blockers” and learn how to avoid them
- Demonstrate greater awareness of others’ feelings, thoughts, and needs
- Activate and practice new skills of empathic listening with adults and students
- Identify how empathy moves educators toward being secure attachment figures



T R A U M A & T R A N S I T I O N S

SELF-CARE AND CARE FOR OTHERS CANNOT BE SEPARATED

Trauma & Transitions is a 1.5 hour workshop that provides a powerful overview of the impacts of trauma on learning and relationships, as well as an introductory exploration of relationship and self-care strategies for addressing stress.

This workshop provides foundational knowledge on the science of trauma, reflective space to process personal experiences, and a research-based strategy and framework to support educators in integrating trauma-informed practices.

STAYING CENTERED THROUGH SEASONS OF CHANGE

Both educators and students need secure relationships in order to develop resilience through change and stress. Trauma & Transitions provides an accessible springboard for building stronger relationships and self-awareness.

Just one secure relationship can help to heal the harmful impacts of trauma & stress.

S C I E N C E & S K I L L S

Participants will:

- Identify how stress and trauma impact physical and emotional well-being
- Recognize the indicators of trauma and stress in ourselves and others
- Reflect on one's own experiences of trauma and loss
- Develop strategies for self-regulation and self-care during stressful transitions
- Develop skills to process and address student stress and trauma

Our Impact

Impact Data from 2022 FuelEd Alumni

Our evaluation team collects feedback from our participants annually to see how their experience with FuelEd programming is influencing them personally and interpersonally. Overwhelmingly, results tell a story of personal growth and development.

Since participating in FuelEd, alumni now use the following skills often to very frequently:

Empathic Communication	68%
Communicating with Genuineness	87%
Taking Others' Perspective	87%
Recognizing Emotion in Others	87%
Avoiding judgment and criticism	75%

Life-changing!
I loved it all.

T E S T I M O N I A L S

"This program really helped me to understand myself better and gave me tools to use to help my students and my colleagues."

"[The program] provides interactive, motivating, and transformative information that is enlightening and refreshing!"

"I see myself as an Empathic person, but this presentation really had me engaged, and I learned so much that I would like to use in class."

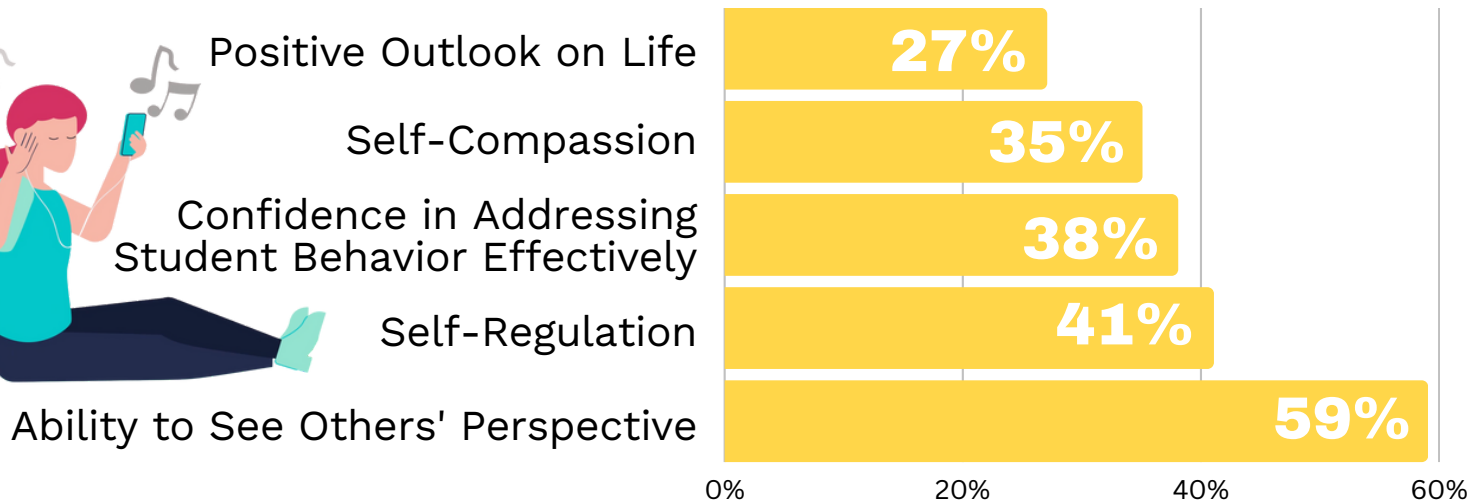
"FuelEd helps us identify where we are in our own journey as a human and as an Educator and fuels our desires to activate our personal, interpersonal, and community growth --- wholeness! "



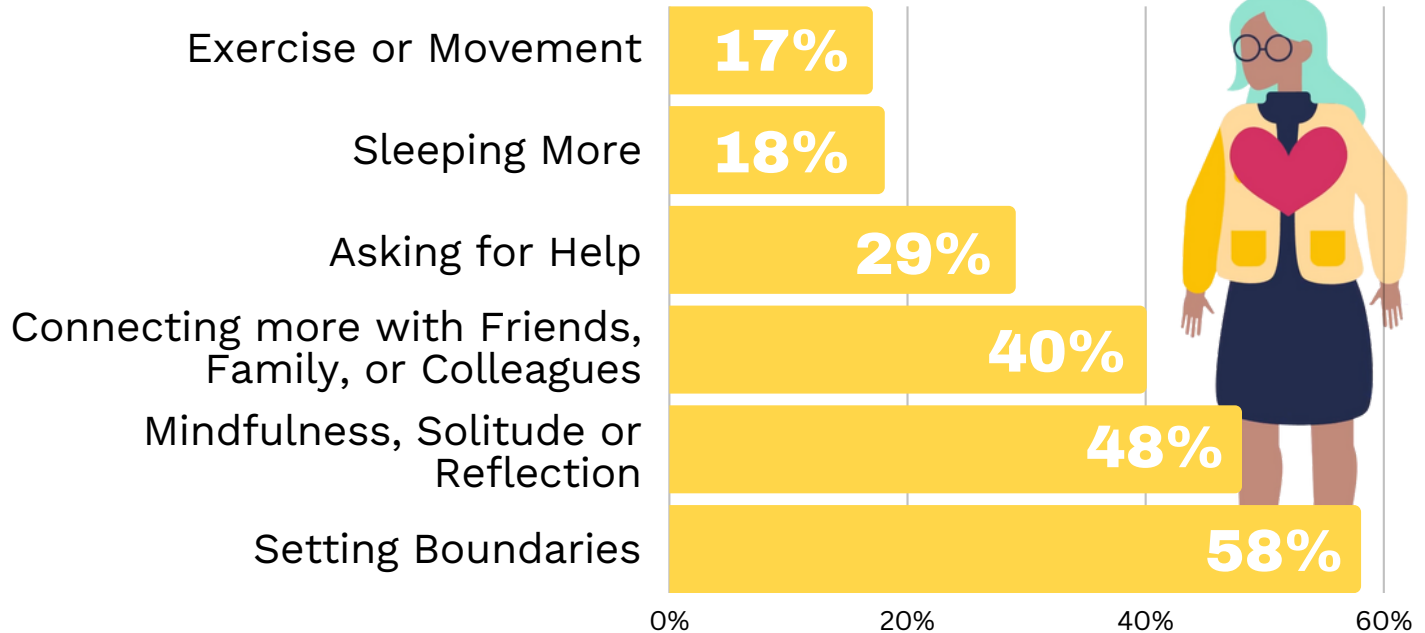
Our Impact

Impact Data from 2022 FuelEd Alumni

Since participating in FuelEd, have you experienced an increase in any of the following?



Since participating in FuelEd, have you increased your engagement in any of the following strategies?



Fueled Engagement Journey

S A M P L E S C O P E & S E Q U E N C E

01 FALL

Building a Foundational Experience

- 20% of the district attends an introductory workshop or event
- A select group of up to 50 educators attends our intensive 12-hour training through our Whole Educator Collective
- Select 2-4 pilot campuses or cross-district roles (eg. all counselors) to experience our 5 hour Empathy School

02 WINTER

Catalyzing Leaders & Supporting Development

- Incentivize alumni attendance at alumni and community events/offerings to provide leaders with consistent, emotional support and a safe place to feel seen

03 SUMMER

Sustaining Growth

- Select leaders to be guests for an alumni-speaker event and speak to Fueled's impact and changes to practices, policies, or behaviors.
- Scale Fueled through asynchronous training with access to our video modules and facilitation guide

Pricing & Program Delivery

C O S T & I M P L E M E N T A T I O N

01	WHOLE EDUCATOR COLLECTIVE	\$800 per person 12 hours of training
02	EMPATHY SCHOOL	\$10,500 per cohort 5 hours of training
03	TRAUMA & TRANSITIONS	\$3,250 per cohort 1.5 hours of training
04	ALUMNI OFFERINGS & RESOURCES	Ongoing PLCs and support

D E L I V E R Y P R O T O C O L

To best accommodate the safety of participants and ensure the most high-quality learning, FuelEd offers its programs virtually and in person. FuelEd will identify the best delivery method for each of its programs based on the client's context but will work to honor alternative preferences or needs. Please note:

- All training (virtual and in-person) is designed to accommodate up to 50 people in a cohort.
- Any in-person trainings will include an additional travel and safety fee at 15% of the total delivery cost to ensure the physical needs of our trainers and the safety of all are being cared for.

Fueled Implementation Team

T H E P E O P L E C A R I N G F O R Y O U

The Fueled Team is composed of diverse experts in the fields of education, mental health and adult professional development. Having served educators nationwide for over a decade, our team is well-equipped to meet the growing and evolving needs of schools and districts across contexts. Below are some of our core implementation team members.

Visit our website to "meet" our full team: www.fueledschools.org/our-team



Sarah Mushlin
Sales Partnerships



Mary Shaw
District Partnerships



Jane Briguglio
Program Operations



Shundra Cannon
Trainer



**Angelina
Hudson-Brown**
Trainer



Brian Jaffe
Trainer



THANK YOU!

We look forward to working with you!





[FUELEDSCHOOLS.ORG](https://fueledschools.org)

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Please feel free to reach out directly to info@fueledschools.org with additional questions or thoughts.